

Smokin’ Powerhouse Chili

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, Soups & Stews, D-58r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cup	3 lb	2 qt 1 3/8 cups	<div><div>1.</div>Sauté onions and garlic for 2 minutes in a pan coated with pan release spray.</div> <div><div>2.</div>Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.</div>
Fresh garlic, minced	2 oz	1/4 cup	4 oz	1/2 cup	
Low-sodium vegetable stock		3 1/8 cups		1 qt 2 1/4 cups	
*Fresh carrots, diced 1/2"	1 lb 9 oz	1 qt 3 1/3 cups	3 lb 2 oz	3 qt 2 2/3 cups	<div><div>3.</div>Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.</div>
*Fresh red bell peppers, diced	3/4 lb	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	
Dry ground chipotle pepper, (optional)		1 Tbsp		2 Tbsp	
Canned low-sodium tomato sauce	2 lb 14 1/2 oz	1 qt 3 cups (2/3 No. 10 can)	5 lb 13 oz	3 qt 2 cups (1 1/3 No. 10 cans)	<div><div>4.</div>Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt to vegetable mixture. Stir occassionally. Continue to simmer</div>

Canned low-sodium tomato sauce	2 lb 14 1/2 oz	3 3/4 cups (1/3 No. 10 can)	3 lb 7 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	
Fresh cilantro, chopped		1 cup	2 1/2 oz	2 cups	
Chili powder		3 Tbsp 1 tsp	2 oz	1/2 cup	
Ground cumin		3 Tbsp 1 tsp	2 oz	1/2 cup	
Salt		1 tsp		2 tsps	
*Fresh sweet potatoes, peeled, diced 1/2"	1 lb 2 oz	3 1/4 cups	2 lb 4 oz	1 qt 2 1/2 cups	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 1/2").
Canned low-sodium black beans drained, rinsed	3 lb	2 qt (1 1/4 No. 10 cans)	6 lb	1 gal (2 1/2 No. 10 cans)	6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes.
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	3 lb	2 qt	6 lb	1 gal	
Frozen corn, thawed, drained	1 lb	3 cups	2 lb	1 qt 2 cups	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	8. Rinse quinoa in a fine mesh strainer until water

Water	3 1/2 cups	1 qt 3 cups	<p>9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel.</p> <p>10. Critical Control Point: Hold for hot service at 135 °F or higher</p> <p>11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (1/4 cup) cooked quinoa.</p> <p>12. If desired, serve chili with 1/4 cup brown rice in place of quinoa.</p>
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Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

West Junior High School

Minnetonka, Minnesota

School Team Members

School Nutrition Professional: Barbara Mechura

Chef: Jenny Breen, MS (Co-owner, Good Life Catering)

Community Members: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science

Teacher)

Students: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

1 cup chili and ¼ cup quinoa provides:

Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and ½ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Red bell peppers	1 lb	2 lb
Sweet potatoes	1 lb 8 oz	3 lb
Dry black beans	1 lb 12 oz	3 lb 8 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides: Legume as Meat Alternate: 1/2 oz eq meat alternate, 1/2 cup red/orange veg, 1/8 cup other veg, 1/8 cup additional veg, and 1/2 oz eq grains. OR Legume as Vegetable: see notes below.	25 Servings: about 14 lb 50 Servings: about 27 lb	25 Servings: about 1 gallon 3 quarts 1 steam table pan 50 Servings: about 3 gallons 2 quarts 2 steam table pans

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Nutrients Per Serving					
Calories	184	Saturated Fat		Iron	3 mg
Protein	7 g	Cholesterol		Calcium	63 mg
Carbohydrate	38 g	Vitamin A	9024 IU	Sodium	256 mg
Total Fat	2 g	Vitamin C	39 mg	Dietary Fiber	8 g